

Lanjutan Lampiran 1. Petunjuk Pelaksanaan Tes

1. Tes Kelincahan *Illinois Agility Test*

Petunjuk pelaksanaan *Illinois Agility Test*

- a. Tujuan : Tes ini disusun untuk mengukur kelincahan siswa SSB Tunas Melati
- b. Alat dan pelaksanaan :
 - 1) Lintasan lari sepanjang 10 m dan lebar 5 m
 - 2) Peluit dan *Stopwatch*
 - 3) *Cone* sebagai rintangan
 - 4) Kapur sebagai garis pembatas
 - 5) Blangko dan
 - 6) Alat tulis
- c. Petugas : pengatur testi di garis pemberangkatan, pemberangkat testi dan pencatat hasil
- d. Pelaksanaan: testi berdiri di garis *start* setelah aba-aba “siap” – “ya”.
Testi lari lurus ke *cone* no 2, kemudian kembali dan lari *zig-zag* melewati *cone* 3, 4, 5, 6 dengan secepat mungkin, setelah sampai di ujung lintasan harus kembali ke arah semula dan berlari ke *cone* 7 dan langsung ke *cone* 8
- e. Penelitian: hasil waktu yang dicapai dalam satuan detik adalah setelah peserta tes lari melewati garis *start*.

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2. Pengukuran Power Otot Tungkai

Power otot tungkai adalah kemampuan mengerahkan kekuatan dan kecepatan bersama-sama. Dalam penelitian ini power otot tungkai diukur menggunakan *vertical jump test* dalam satuan *centimeter*.

Tujuan : mengukur power tungkai dalam arah vertikal

Sasaran : Siswa SSB tunas melati KU 14-16

Perlengkapan :

- a. Papan bermeteran yang dipasang di dinding dengan ketinggian dari 150 cm hingga 350 cm. Tingkat ketelitiannya hingga 1 cm
- b. Bubuk kapur
- c. Dinding sedikitnya setinggi 365 cm(12 feet)

Penaksanaan :

- a. Testi berdiri menyamping arah dinding, kedua kaki rapat, telapak kaki menempel penuh di lantai, ujung jari tangan yang dekat dinding dibubuhi bubuk kapur.
- b. Satu tangan testi yang dekat dinding meraih keatas setinggi mungkin, kaki tetap menempel di lantai, catat tinggi raihannya pada bekas ujung jari tengah.

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- c. Testi meloncat keatas setinggi mungkin dan menyentuh papan.
Lakukan tiga kali loncatan. Catat tinggi loncatan pada bekas ujung jari tengah.
- d. Posisi awal ketika meloncat adalah telapak kaki tetap menempel dilantai, lutut ditekuk, tangan lurus agak dibelakang badan.
- e. Tidak boleh melakukan awalan ketika akan meloncat keatas.

Penilaian :

- 1. Ukur selisih antara tinggi loncatan dan tinggi raihan.
- 2. Nilai yang diperoleh testi adalah selisih yang terbanyak antara tinggi loncatan dan tinggi raihan dari ketiga loncatan yang dilakukan.

Sumber : Ismaryati (2008 : 60-61) *tes & pengukuran olahraga*.

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3. Menggiring bola

Tujuan : mengukur kecakapan menggiring bola

Alat dan bahan :

- a. Lapangan sepakbola
- b. 8 buah pancang ukuran 1,5 meter
- c. Stopwatch
- d. Bola kaki
- e. Meteran panjang
- f. Kapur
- g. Blangko dan alat tulis

Pelaksanaan :

1. Pada aba-aba “siap”, testi berdiri dibelakang garis start dengan bola siap untuk di *dribbling*.
2. Pada aba-aba “ya”, testi mulai menggiring bola dengan melewati setiap pancang secara berurutan.
3. Kalau ada kesalahan (ada pancang belum dilewati) maka harus diulangi dimana kesalahan terjadi, sehingga testi menggiring bola dengan melewati pancang secara berurutan dan dilakukan pulang-pergi.
4. Diperkenankan menggiring bola dengan salah satu kaki atau dengan kedua kaki bergantian.
5. Stop watch dihidupkan pada saat aba-aba “ya” dimatiakan pada saat testi atau bolanya yang terakhir melewati garis finish.

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6. Setiap testi diberi kesempatan dua kali dengan selang waktu maksimal 5 menit.

Penilaian : nilai tes adalah waktu terbaik yang dicapai dari dua kali kesempatan menggiring bola.

Sumber : Subagyo Irianto dkk (1995)

Lampiran 2. Data Penelitian

Tabel 15. Hasil Tes Kelincahan

| No | Nama | TTL | Kelincahan |
|-----|---------------------|-------------------|------------|
| 1. | Ardan Arifin | Btl, 23-06-1996 | 17,63 |
| 2. | Anton Sungkowo | Btl, 23-09-1996 | 17,28 |
| 3. | Sivak Masyudi | Btl, 08-07-1997 | 17,34 |
| 4. | Imam Agus Latifah | Btl, 09-08-1996 | 18,06 |
| 5. | Wilan Pangestu | Btl, 24-04-1997 | 16,90 |
| 6. | Bamit Dwi S | Btl, 06-10-1996 | 17,83 |
| 7. | Nur Rohman | Plmbg,16-10-1998 | 16,64 |
| 8. | Satrio Mukti | Btl, 24-10-1997 | 16,69 |
| 9. | Punggi Soekarno | Btl, 14-12-1997 | 17,59 |
| 10. | Brian Aziz | Btl, 04-09-1996 | 16,44 |
| 11. | Lutfian E | Bekasi 15-12-1996 | 16,12 |
| 12. | Prasuta Nanda | Btl, 10-10-1996 | 18,83 |
| 13. | Safri Rais | Btl, 12-07-1997 | 16,94 |
| 14. | Angga Tri | Btl, 14-05-1996 | 17,42 |
| 15. | Andita Rusmianto | Btl, 20-06-1996 | 16,20 |
| 16. | Andoko S | Cimahi,26-01- 96 | 17,54 |
| 17. | Burhanudin | Btl, 24-04-1996 | 16,85 |
| 18. | Danang Yusuf | Btl, 31-03-1996 | 16,67 |
| 19. | Dony Hadi Santoso | Btl, 04-03-1996 | 17,15 |
| 20. | Renaldi Dimas | Btl, 07-07-1996 | 18,63 |
| 21. | Andika Dicy Pratama | Btl, 28-01-1996 | 17,64 |
| 22. | Fajar Ardiansyah | Btl,30-07-1996 | 18,35 |
| 23. | Supriyanto | Btl, 05-04-1997 | 17,15 |
| 24. | Tomy | Btl, 25-09-1997 | 16,34 |

Lampiran 2. Data Penelitian

Tabel 16.Data Tes *Vertical Jump*

| No | NAMA | TTL | TES <i>VERTICAL JUMP</i> (cm) | | | | Nilai (Lonct Max – Tinggi Raihan) |
|----|-------------------|-------------------|---------------------------------|------------|-------------|--------------|---|
| | | | Tinggi Raihan | Lonct I | Lonct II | Lonct III | |
| 1 | Ardan Arifin | Btl, 23-06-1996 | 223 | 269 | 268 | 370 | 47 |
| 2 | Anton Sungkowo | Btl, 23-09-1996 | 216 | 265 | 263 | 262 | 49 |
| 3 | Sivak Masyudi | Btl, 08-07-1997 | 210 | 260 | 261 | 264 | 54 |
| 4 | Imam Agus Latifah | Btl, 09-08-1996 | 225 | 275 | 279 | 282 | 54 |
| 5 | Wilan Pangestu | Btl, 24-04-1997 | 205 | 263 | 265 | 266 | 61 |
| 6 | Bamit Dwi S | Btl, 06-10-1996 | 230 | 276 | 282 | 281 | 52 |
| 7 | Nur Rohman | Plmbg,16-10-1998 | 201 | 245 | 248 | 250 | 40 |
| 8 | Satrio Mukti | Btl, 24-10-1997 | 211 | 260 | 265 | 264 | 54 |
| 9 | Punggi Soekarno | Btl, 14-12-1997 | 205 | 260 | 261 | 256 | 56 |
| 10 | Brian Aziz B | Btl, 04-09-1996 | 215 | 276 | 275 | 275 | 61 |
| 11 | Lutfian E | Bekasi 15-12-1996 | 217 | 275 | 279 | 276 | 62 |
| 12 | Prasuta Nanda | Btl, 10-10-1996 | 226 | 280 | 281 | 278 | 55 |
| 13 | Safri Rais | Btl, 12-07-1997 | 209 | 252 | 260 | 257 | 51 |
| 14 | Angga Tri W | Btl, 14-05-1996 | 205 | 262 | 261 | 265 | 60 |
| 15 | Andita Rusmianto | Btl, 20-06-1996 | 214 | 275 | 274 | 273 | 61 |
| 16 | Andoko S | Cimahi,26-01- 96 | 204 | 248 | 249 | 249 | 45 |
| 17 | Burhanudin | Btl, 24-04-1996 | 214 | 269 | 269 | 271 | 57 |
| 18 | Danang Yusuf | Btl, 31-03-1996 | 217 | 263 | 265 | 265 | 48 |
| 19 | Dony Hadi Santoso | Btl, 04-03-1996 | 216 | 269 | 268 | 296 | 53 |
| 20 | Renaldi Dimas | Btl, 07-07-1996 | 220 | 274 | 273 | 270 | 54 |
| 21 | Andika Dicy P | Btl, 28-01-1996 | 219 | 273 | 275 | 273 | 56 |
| 22 | Fajar Ardiansyah | Btl,30-07-1996 | 214 | 254 | 260 | 256 | 46 |
| 23 | Supriyanto | Btl, 05-04-1997 | 210 | 252 | 260 | 264 | 54 |
| 24 | Tomy Andra | Btl, 25-09-1997 | 212 | 270 | 269 | 268 | 58 |

Lampiran 2. Data Penelitian

Tabel 17. Hasil Loncatan Terbaik (*vertical jump*)

| No | NAMA | TES <i>VERTICAL JUMP</i> (cm) | | Nilai (Lonct Max – Tinggi Raihan) |
|----|-------------------|---------------------------------|------------|--|
| | | Tinggi Raihan | Loncat | |
| 1 | Ardan Arifin | 223 | <u>370</u> | 47 |
| 2 | Anton Sungkowo | 216 | 265 | 49 |
| 3 | Sivak Masyudi | 210 | 264 | 54 |
| 4 | Imam Agus Latifah | 225 | 282 | 54 |
| 5 | Wilan Pangestu | 205 | 266 | 61 |
| 6 | Bamit Dwi S | 230 | 282 | 52 |
| 7 | Nur Rohman | 201 | 250 | 40 |
| 8 | Satrio Mukti | 211 | 265 | 54 |
| 9 | Punggi Soekarno | 205 | 261 | 56 |
| 10 | Brian Aziz B | 215 | 276 | 61 |
| 11 | Lutfian E | 217 | 279 | 62 |
| 12 | Prasuta Nanda | 226 | 281 | 55 |
| 13 | Safri Rais | 209 | 260 | 51 |
| 14 | Angga Tri W | 205 | 265 | 60 |
| 15 | Andita Rusmianto | 214 | 275 | 61 |
| 16 | Andoko S | 204 | 249 | 45 |
| 17 | Burhanudin | 214 | 271 | 57 |
| 18 | Danang Yusuf | 217 | 265 | 48 |
| 19 | Dony Hadi Santoso | 216 | 296 | 53 |
| 20 | Renaldi Dimas | 220 | 274 | 54 |
| 21 | Andika Dicy P | 219 | 275 | 56 |
| 22 | Fajar Ardiansyah | 214 | 260 | 46 |
| 23 | Supriyanto | 210 | 264 | 54 |
| 24 | Tomy Andra | 212 | 270 | 58 |

Lampiran 2. Data Penelitian

Tabel 18 .Tes Dribbling

| No | Nama | TTL | Dribling | | Terbaik |
|-----|---------------------|-------------------|----------|-------|---------|
| | | | Tes 1 | Tes 2 | |
| 1. | Ardan Arifin | Btl, 23-06-1996 | 20,96 | 18,86 | 18,86 |
| 2. | Anton Sungkowo | Btl, 23-09-1996 | 19,34 | 23,80 | 19,34 |
| 3. | Sivak Masyudi | Btl, 08-07-1997 | 19,56 | 19,12 | 19,12 |
| 4. | Imam Agus Latifah | Btl, 09-08-1996 | 17,47 | 20,17 | 17,47 |
| 5. | Wilan Pangestu | Btl, 24-04-1997 | 17,77 | 15,07 | 15,07 |
| 6. | Bamit Dwi S | Btl, 06-10-1996 | 19,52 | 19,28 | 19,28 |
| 7. | Nur Rohman | Plmbg,16-10-1998 | 22,21 | 18,14 | 18,14 |
| 8. | Satrio Mukti | Btl, 24-10-1997 | 23,30 | 24,26 | 23,30 |
| 9. | Punggi Soekarno | Btl, 14-12-1997 | 18,33 | 19,29 | 18,33 |
| 10. | Brian Aziz | Btl, 04-09-1996 | 14,59 | 14,56 | 14,56 |
| 11. | Lutfian E | Bekasi 15-12-1996 | 15,78 | 15,00 | 15,00 |
| 12. | Prasuta Nanda | Btl, 10-10-1996 | 22,28 | 20,30 | 20,30 |
| 13. | Safri Rais | Btl, 12-07-1997 | 18,37 | 17,12 | 17,12 |
| 14. | Angga Tri | Btl, 14-05-1996 | 17,90 | 15,62 | 15,62 |
| 15. | Andita Rusmianto | Btl, 20-06-1996 | 15,05 | 14,97 | 14,97 |
| 16. | Andoko S | Cimahi,26-01- 96 | 16,22 | 16,09 | 16,09 |
| 17. | Burhanudin | Btl, 24-04-1996 | 18,81 | 16,50 | 16,50 |
| 18. | Danang Yusuf | Btl, 31-03-1996 | 18,46 | 17,65 | 17,65 |
| 19. | Dony Hadi Santoso | Btl, 04-03-1996 | 18,55 | 19,71 | 18,55 |
| 20. | Renaldi Dimas | Btl, 07-07-1996 | 22,66 | 24,76 | 22,66 |
| 21. | Andika Dicy Pratama | Btl, 28-01-1996 | 18,60 | 18,32 | 18,32 |
| 22. | Fajar Ardiansyah | Btl,30-07-1996 | 22,91 | 20,22 | 20,22 |
| 23. | Supriyanto | Btl, 05-04-1997 | 16,41 | 17,94 | 16,41 |
| 24. | Tomy | Btl, 25-09-1997 | 16,84 | 20,15 | 16,84 |

Lampiran 2. Data Penelitian

Tabel 19. Data Terbaik (*dribbling*)

| No | Nama | Dribling | Terbaik |
|-----|------------------------|----------|---------|
| | | Tes | |
| 1. | Ardan Arifin | 18,86 | 18,86 |
| 2. | Anton Sungkowo | 19,34 | 19,34 |
| 3. | Sivak Masyudi | 19,12 | 19,12 |
| 4. | Imam Agus Latifah | 17,47 | 17,47 |
| 5. | Wilan Pangestu | 15,07 | 15,07 |
| 6. | Bamit Dwi S | 19,28 | 19,28 |
| 7. | Nur Rohman | 18,14 | 18,14 |
| 8. | Satrio Mukti | 23,30 | 23,30 |
| 9. | Punggi Soekarno | 18,33 | 18,33 |
| 10. | Brian Aziz | 14,56 | 14,56 |
| 11. | Lutfian E | 15,00 | 15,00 |
| 12. | Prasuta Nanda | 20,30 | 20,30 |
| 13. | Safri Rais | 17,12 | 17,12 |
| 14. | Angga Tri | 15,62 | 15,62 |
| 15. | Andita Rusmianto | 14,97 | 14,97 |
| 16. | Andoko S | 16,09 | 16,09 |
| 17. | Burhanudin | 16,50 | 16,50 |
| 18. | Danang Yusuf | 17,65 | 17,65 |
| 19. | Dony Hadi Santoso | 18,55 | 18,55 |
| 20. | Renaldi Dimas | 22,66 | 22,66 |
| 21. | Andika Dicy Pratama | 18,32 | 18,32 |
| 22. | Fajar Ardiansyah | 20,22 | 20,22 |
| 23. | Supriyanto | 16,41 | 16,41 |
| 24. | Tomy | 16,84 | 16,84 |

Lampiran 2. Data Penelitian

Tabel 20. Data Induk

| No | Nama | Kelincahan | Power Otot Tungkai | Dribling |
|-----|---------------------|------------|--------------------|----------|
| 1. | Ardan Arifin | 17,63 | 47 | 18,86 |
| 2. | Anton Sungkowo | 17,28 | 49 | 19,34 |
| 3. | Sivak Masyudi | 17,34 | 54 | 19,12 |
| 4. | Imam Agus Latifah | 18,06 | 54 | 17,47 |
| 5. | Wilan Pangestu | 16,90 | 61 | 15,07 |
| 6. | Bamit Dwi S | 17,83 | 52 | 19,28 |
| 7. | Nur Rohman | 16,64 | 40 | 18,14 |
| 8. | Satrio Mukti | 16,69 | 54 | 23,30 |
| 9. | Punggi Soekarno | 17,59 | 56 | 18,33 |
| 10. | Brian Aziz | 16,44 | 61 | 14,56 |
| 11. | Lutfian E | 16,12 | 62 | 15,00 |
| 12. | Prasuta Nanda | 18,83 | 55 | 20,30 |
| 13. | Safri Rais | 16,94 | 51 | 17,12 |
| 14. | Angga Tri | 17,42 | 60 | 15,62 |
| 15. | Andita Rusmianto | 16,20 | 61 | 14,97 |
| 16. | Andoko S | 17,54 | 45 | 16,09 |
| 17. | Burhanudin | 16,85 | 57 | 16,50 |
| 18. | Danang Yusuf | 16,67 | 48 | 17,65 |
| 19. | Dony Hadi Santoso | 17,15 | 53 | 18,55 |
| 20. | Renaldi Dimas | 18,63 | 54 | 22,66 |
| 21. | Andika Dicy Pratama | 17,64 | 56 | 18,32 |
| 22. | Fajar Ardiansyah | 18,35 | 46 | 20,22 |
| 23. | Supriyanto | 17,15 | 54 | 16,41 |
| 24. | Tomy | 16,34 | 58 | 16,84 |

Lampiran 3 Frekuensi Data Penelitian

Frequencies

| | | Statistics | | |
|---|----------------|------------|--------------------|--------------------|
| | | Kelincahan | Power Otot Tungkai | Dribbling |
| N | Valid | 24 | 24 | 24 |
| | Missing | 0 | 0 | 0 |
| | Mean | 17.2596 | 53.67 | 17.9050 |
| | Median | 17.2150 | 54.00 | 17.8950 |
| | Mode | 17.15 | 54 | 14.56 ^a |
| | Std. Deviation | .73483 | 5.685 | 2.29349 |
| | Range | 2.71 | 22 | 8.74 |
| | Minimum | 16.12 | 40 | 14.56 |
| | Maximum | 18.83 | 62 | 23.30 |
| | Sum | 414.23 | 1288 | 429.72 |

a. Multiple modes exist. The smallest value is shown

Lampiran 3 Frekuensi Data Penelitian

Frequency Table

| | | Kelincahan | | | |
|-------|-------|------------|---------|---------------|--------------------|
| | | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 16,12 | 1 | 4.2 | 4.2 | 4.2 |
| | 16,20 | 1 | 4.2 | 4.2 | 8.3 |
| | 16,34 | 1 | 4.2 | 4.2 | 12.5 |
| | 16,44 | 1 | 4.2 | 4.2 | 16.7 |
| | 16,64 | 1 | 4.2 | 4.2 | 20.8 |
| | 16,67 | 1 | 4.2 | 4.2 | 25.0 |
| | 16,69 | 1 | 4.2 | 4.2 | 29.2 |
| | 16,85 | 1 | 4.2 | 4.2 | 33.3 |
| | 16,90 | 1 | 4.2 | 4.2 | 37.5 |
| | 16,94 | 1 | 4.2 | 4.2 | 41.7 |
| | 17,15 | 2 | 8.3 | 8.3 | 50.0 |
| | 17,28 | 1 | 4.2 | 4.2 | 54.2 |
| | 17,34 | 1 | 4.2 | 4.2 | 58.3 |
| | 17,42 | 1 | 4.2 | 4.2 | 62.5 |
| | 17,54 | 1 | 4.2 | 4.2 | 66.7 |
| | 17,59 | 1 | 4.2 | 4.2 | 70.8 |
| | 17,63 | 1 | 4.2 | 4.2 | 75.0 |
| | 17,64 | 1 | 4.2 | 4.2 | 79.2 |
| | 17,83 | 1 | 4.2 | 4.2 | 83.3 |
| | 18,06 | 1 | 4.2 | 4.2 | 87.5 |
| | 18,35 | 1 | 4.2 | 4.2 | 91.7 |
| | 18,63 | 1 | 4.2 | 4.2 | 95.8 |
| | 18,83 | 1 | 4.2 | 4.2 | 100.0 |
| | Total | 24 | 100.0 | 100.0 | |

Lampiran 3 Frekuensi Data Penelitian

Power Otot Tungkai

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | 40 | 1 | 4.2 | 4.2 | 4.2 |
| | 45 | 1 | 4.2 | 4.2 | 8.3 |
| | 46 | 1 | 4.2 | 4.2 | 12.5 |
| | 47 | 1 | 4.2 | 4.2 | 16.7 |
| | 48 | 1 | 4.2 | 4.2 | 20.8 |
| | 49 | 1 | 4.2 | 4.2 | 25.0 |
| | 51 | 1 | 4.2 | 4.2 | 29.2 |
| | 52 | 1 | 4.2 | 4.2 | 33.3 |
| | 53 | 1 | 4.2 | 4.2 | 37.5 |
| | 54 | 5 | 20.8 | 20.8 | 58.3 |
| | 55 | 1 | 4.2 | 4.2 | 62.5 |
| | 56 | 2 | 8.3 | 8.3 | 70.8 |
| | 57 | 1 | 4.2 | 4.2 | 75.0 |
| | 58 | 1 | 4.2 | 4.2 | 79.2 |
| | 60 | 1 | 4.2 | 4.2 | 83.3 |
| | 61 | 3 | 12.5 | 12.5 | 95.8 |
| | 62 | 1 | 4.2 | 4.2 | 100.0 |
| | Total | 24 | 100.0 | 100.0 | |

Lampiran 3 Frekuensi Data Penelitian

Dribbling

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | 14,56 | 1 | 4.2 | 4.2 | 4.2 |
| | 14,97 | 1 | 4.2 | 4.2 | 8.3 |
| | 15,00 | 1 | 4.2 | 4.2 | 12.5 |
| | 15,07 | 1 | 4.2 | 4.2 | 16.7 |
| | 15,62 | 1 | 4.2 | 4.2 | 20.8 |
| | 16,09 | 1 | 4.2 | 4.2 | 25.0 |
| | 16,41 | 1 | 4.2 | 4.2 | 29.2 |
| | 16,50 | 1 | 4.2 | 4.2 | 33.3 |
| | 16,84 | 1 | 4.2 | 4.2 | 37.5 |
| | 17,12 | 1 | 4.2 | 4.2 | 41.7 |
| | 17,47 | 1 | 4.2 | 4.2 | 45.8 |
| | 17,65 | 1 | 4.2 | 4.2 | 50.0 |
| | 18,14 | 1 | 4.2 | 4.2 | 54.2 |
| | 18,32 | 1 | 4.2 | 4.2 | 58.3 |
| | 18,33 | 1 | 4.2 | 4.2 | 62.5 |
| | 18,55 | 1 | 4.2 | 4.2 | 66.7 |
| | 18,86 | 1 | 4.2 | 4.2 | 70.8 |
| | 19,12 | 1 | 4.2 | 4.2 | 75.0 |
| | 19,28 | 1 | 4.2 | 4.2 | 79.2 |
| | 19,34 | 1 | 4.2 | 4.2 | 83.3 |
| | 20,22 | 1 | 4.2 | 4.2 | 87.5 |
| | 20,30 | 1 | 4.2 | 4.2 | 91.7 |
| | 22,66 | 1 | 4.2 | 4.2 | 95.8 |
| | 23,30 | 1 | 4.2 | 4.2 | 100.0 |
| Total | | 24 | 100.0 | 100.0 | |

Lampiran 4. Uji Normalitas

UJI NORMALITAS

Par Tests

Chi-Square Test

Frequencies

Kelincahan

| | Observed N | Expected N | Residual |
|-------|------------|------------|----------|
| 16,12 | 1 | 1.0 | .0 |
| 16,20 | 1 | 1.0 | .0 |
| 16,34 | 1 | 1.0 | .0 |
| 16,44 | 1 | 1.0 | .0 |
| 16,64 | 1 | 1.0 | .0 |
| 16,67 | 1 | 1.0 | .0 |
| 16,69 | 1 | 1.0 | .0 |
| 16,85 | 1 | 1.0 | .0 |
| 16,90 | 1 | 1.0 | .0 |
| 16,94 | 1 | 1.0 | .0 |
| 17,15 | 2 | 1.0 | 1.0 |
| 17,28 | 1 | 1.0 | .0 |
| 17,34 | 1 | 1.0 | .0 |
| 17,42 | 1 | 1.0 | .0 |
| 17,54 | 1 | 1.0 | .0 |
| 17,59 | 1 | 1.0 | .0 |
| 17,63 | 1 | 1.0 | .0 |
| 17,64 | 1 | 1.0 | .0 |
| 17,83 | 1 | 1.0 | .0 |
| 18,06 | 1 | 1.0 | .0 |
| 18,35 | 1 | 1.0 | .0 |
| 18,63 | 1 | 1.0 | .0 |
| 18,83 | 1 | 1.0 | .0 |
| Total | 24 | | |

Lampiran 4. Uji Normalitas

Power Otot Tungkai

| | Observed N | Expected N | Residual |
|-------|------------|------------|----------|
| 40 | 1 | 1.4 | -.4 |
| 45 | 1 | 1.4 | -.4 |
| 46 | 1 | 1.4 | -.4 |
| 47 | 1 | 1.4 | -.4 |
| 48 | 1 | 1.4 | -.4 |
| 49 | 1 | 1.4 | -.4 |
| 51 | 1 | 1.4 | -.4 |
| 52 | 1 | 1.4 | -.4 |
| 53 | 1 | 1.4 | -.4 |
| 54 | 5 | 1.4 | 3.6 |
| 55 | 1 | 1.4 | -.4 |
| 56 | 2 | 1.4 | .6 |
| 57 | 1 | 1.4 | -.4 |
| 58 | 1 | 1.4 | -.4 |
| 60 | 1 | 1.4 | -.4 |
| 61 | 3 | 1.4 | 1.6 |
| 62 | 1 | 1.4 | -.4 |
| Total | 24 | | |

Lampiran 4. Uji Normalitas

Dribbling

| | Observed N | Expected N | Residual |
|-------|------------|------------|----------|
| 14,56 | 1 | 1.0 | .0 |
| 14,97 | 1 | 1.0 | .0 |
| 15,00 | 1 | 1.0 | .0 |
| 15,07 | 1 | 1.0 | .0 |
| 15,62 | 1 | 1.0 | .0 |
| 16,09 | 1 | 1.0 | .0 |
| 16,41 | 1 | 1.0 | .0 |
| 16,50 | 1 | 1.0 | .0 |
| 16,84 | 1 | 1.0 | .0 |
| 17,12 | 1 | 1.0 | .0 |
| 17,47 | 1 | 1.0 | .0 |
| 17,65 | 1 | 1.0 | .0 |
| 18,14 | 1 | 1.0 | .0 |
| 18,32 | 1 | 1.0 | .0 |
| 18,33 | 1 | 1.0 | .0 |
| 18,55 | 1 | 1.0 | .0 |
| 18,86 | 1 | 1.0 | .0 |
| 19,12 | 1 | 1.0 | .0 |
| 19,28 | 1 | 1.0 | .0 |
| 19,34 | 1 | 1.0 | .0 |
| 20,22 | 1 | 1.0 | .0 |
| 20,30 | 1 | 1.0 | .0 |
| 22,66 | 1 | 1.0 | .0 |
| 23,30 | 1 | 1.0 | .0 |
| Total | 24 | | |

Lampiran 4. Uji Normalitas

Test Statistics

| | Kelincahan | Power Otot Tungkai | Dribbling |
|-------------|-------------------|---------------------|-------------------|
| Chi-Square | .917 ^a | 12.833 ^b | .000 ^c |
| df | 22 | 16 | 23 |
| Asymp. Sig. | 1.000 | .685 | 1.000 |

a. 23 cells (100,0%) have expected frequencies less than 5. The minimum expected cell frequency is 1,0.

b. 17 cells (100,0%) have expected frequencies less than 5. The minimum expected cell frequency is 1,4.

c. 24 cells (100,0%) have expected frequencies less than 5. The minimum expected cell frequency is 1,0.

Lampiran 5. Uji Linieritas

UJI LINERITAS
Means Kelincahan

Case Processing Summary

| | Cases | | | | | |
|------------------------|----------|---------|----------|---------|-------|---------|
| | Included | | Excluded | | Total | |
| | N | Percent | N | Percent | N | Percent |
| Dribbling * Kelincahan | 24 | 100.0% | 0 | .0% | 24 | 100.0% |

Report

Dribbling

| Kelincahan | Mean | N | Std. Deviation |
|------------|---------|----|----------------|
| 16,12 | 15.0000 | 1 | . |
| 16,20 | 14.9700 | 1 | . |
| 16,34 | 16.8400 | 1 | . |
| 16,44 | 14.5600 | 1 | . |
| 16,64 | 18.1400 | 1 | . |
| 16,67 | 17.6500 | 1 | . |
| 16,69 | 23.3000 | 1 | . |
| 16,85 | 16.5000 | 1 | . |
| 16,90 | 15.0700 | 1 | . |
| 16,94 | 17.1200 | 1 | . |
| 17,15 | 17.4800 | 2 | 1.51321 |
| 17,28 | 19.3400 | 1 | . |
| 17,34 | 19.1200 | 1 | . |
| 17,42 | 15.6200 | 1 | . |
| 17,54 | 16.0900 | 1 | . |
| 17,59 | 18.3300 | 1 | . |
| 17,63 | 18.8600 | 1 | . |
| 17,64 | 18.3200 | 1 | . |
| 17,83 | 19.2800 | 1 | . |
| 18,06 | 17.4700 | 1 | . |
| 18,35 | 20.2200 | 1 | . |
| 18,63 | 22.6600 | 1 | . |
| 18,83 | 20.3000 | 1 | . |
| Total | 17.9050 | 24 | 2.29349 |

Lampiran 5. Uji Linieritas

ANOVA Table

| | Sum of Squares | df | Mean Square | F | Sig. |
|---------------------------|----------------|----|-------------|--------|------|
| Dribbling * Kelincahan | 118.692 | 22 | 5.395 | 2.356 | .479 |
| Between Groups (Combined) | | | | | |
| Linearity | 39.517 | 1 | 39.517 | 17.258 | .150 |
| Deviation from Linearity | 79.176 | 21 | 3.770 | 1.647 | .556 |
| Within Groups | 2.290 | 1 | 2.290 | | |
| Total | 120.982 | 23 | | | |

Measures of Association

| | R | R Squared | Eta | Eta Squared |
|------------------------|------|-----------|------|-------------|
| Dribbling * Kelincahan | .572 | .327 | .990 | .981 |

| Sumber Variabel | dk | JK | RJK | Fo | Ft(0,05)(21/1) |
|-----------------|----|--------|-------|-------|----------------|
| TC | 21 | 79.176 | 3.770 | 1.647 | 4.32 |
| Galat | 1 | 2.290 | 2.290 | | |

Means Power Otot Tungkai

Case Processing Summary

| | Cases | | | | | |
|------------------|----------|---------|----------|---------|-------|---------|
| | Included | | Excluded | | Total | |
| | N | Percent | N | Percent | N | Percent |
| Dribbling * Otot | 24 | 100.0% | 0 | .0% | 24 | 100.0% |

Lampiran 5. Uji Linieritas

Report

Dribbling

| Otot | Mean | N | Std. Deviation |
|-------|---------|----|----------------|
| 40 | 18.1400 | 1 | . |
| 45 | 16.0900 | 1 | . |
| 46 | 20.2200 | 1 | . |
| 47 | 18.8600 | 1 | . |
| 48 | 17.6500 | 1 | . |
| 49 | 19.3400 | 1 | . |
| 51 | 17.1200 | 1 | . |
| 52 | 19.2800 | 1 | . |
| 53 | 18.5500 | 1 | . |
| 54 | 19.7920 | 5 | 3.07460 |
| 55 | 20.3000 | 1 | . |
| 56 | 18.3250 | 2 | .00707 |
| 57 | 16.5000 | 1 | . |
| 58 | 16.8400 | 1 | . |
| 60 | 15.6200 | 1 | . |
| 61 | 14.8667 | 3 | .27025 |
| 62 | 15.0000 | 1 | . |
| Total | 17.9050 | 24 | 2.29349 |

Lampiran 5. Uji Linieritas

ANOVA Table

| | | | Sum of Squares | df | Mean Square | F | Sig. |
|------------------|----------------|--------------------------|----------------|----|-------------|-------|------|
| Dribbling * Otot | Between Groups | (Combined) | 83.023 | 16 | 5.189 | .957 | .560 |
| | | Linearity | 20.685 | 1 | 20.685 | 3.815 | .092 |
| | | Deviation from Linearity | 62.338 | 15 | 4.156 | .766 | .687 |
| | Within Groups | | 37.959 | 7 | 5.423 | | |
| | Total | | 120.982 | 23 | | | |

Measures of Association

| | R | R Squared | Eta | Eta Squared |
|------------------|-------|-----------|------|-------------|
| Dribbling * Otot | -.413 | .171 | .828 | .686 |

| Sumber Variabel | dk | JK | RJK | Fo | Ft(0,05)(15/7) |
|-----------------|----|--------|-------|-------|----------------|
| TC | 15 | 62.338 | 4.156 | 0.766 | 2.70 |
| Galat | 7 | 37.959 | 5.423 | | |

Regression Sederhana Power Otot Tungkai
Variables Entered/Removed^b

| Model | Variables Entered | Variables Removed | Method |
|-------|-------------------|-------------------|--------|
| 1 | Otot ^a | | Enter |

a. All requested variables entered.

b. Dependent Variable: Dribbling

Model Summary

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate | Change Statistics | | | | |
|-------|-------------------|----------|-------------------|----------------------------|-------------------|----------|-----|-----|---------------|
| | | | | | R Square Change | F Change | df1 | df2 | Sig. F Change |
| 1 | .413 ^a | .171 | .133 | 2.13517 | .171 | 4.537 | 1 | 22 | .045 |

a. Predictors: (Constant), Otot

ANOVA^b

| Model | | Sum of Squares | Df | Mean Square | F | Sig. |
|-------|------------|----------------|----|-------------|-------|-------------------|
| 1 | Regression | 20.685 | 1 | 20.685 | 4.537 | .045 ^a |
| | Residual | 100.297 | 22 | 4.559 | | |
| | Total | 120.982 | 23 | | | |

a. Predictors: (Constant), Otot

b. Dependent Variable: Dribbling

Coefficients^a

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Correlations | | |
|-------|------------|-----------------------------|------------|---------------------------|--------|------|--------------|---------|-------|
| | | B | Std. Error | Beta | | | Zero-order | Partial | Part |
| 1 | (Constant) | 26.857 | 4.225 | | 6.356 | .000 | | | |
| | Otot | -.167 | .078 | -.413 | -2.130 | .045 | -.413 | -.413 | -.413 |

a. Dependent Variable: Dribbling

Correlations

Correlations

| | | Kelincahan | Otot | Dribbling |
|------------|---------------------|------------|--------|-----------|
| Kelincahan | Pearson Correlation | 1.000 | -.287 | .572** |
| | Sig. (2-tailed) | | .174 | .004 |
| | N | 24.000 | 24 | 24 |
| Otot | Pearson Correlation | -.287 | 1.000 | -.413* |
| | Sig. (2-tailed) | .174 | | .045 |
| | N | 24 | 24.000 | 24 |
| Dribbling | Pearson Correlation | .572** | -.413* | 1.000 |
| | Sig. (2-tailed) | .004 | .045 | |
| | N | 24 | 24 | 24.000 |

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Regression Sederhana Power Otot Tungkai
Variables Entered/Removed^b

| Model | Variables Entered | Variables Removed | Method |
|-------|-------------------|-------------------|--------|
| 1 | Otot ^a | | Enter |

a. All requested variables entered.

b. Dependent Variable: Dribbling

Model Summary

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate | Change Statistics | | | | |
|-------|-------------------|----------|-------------------|----------------------------|-------------------|----------|-----|-----|---------------|
| | | | | | R Square Change | F Change | df1 | df2 | Sig. F Change |
| 1 | .413 ^a | .171 | .133 | 2.13517 | .171 | 4.537 | 1 | 22 | .045 |

a. Predictors: (Constant), Otot

ANOVA^b

| Model | | Sum of Squares | Df | Mean Square | F | Sig. |
|-------|------------|----------------|----|-------------|-------|-------------------|
| 1 | Regression | 20.685 | 1 | 20.685 | 4.537 | .045 ^a |
| | Residual | 100.297 | 22 | 4.559 | | |
| | Total | 120.982 | 23 | | | |

a. Predictors: (Constant), Otot

b. Dependent Variable: Dribbling

Coefficients^a

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Correlations | | |
|-------|------------|-----------------------------|------------|---------------------------|--------|------|--------------|---------|-------|
| | | B | Std. Error | Beta | | | Zero-order | Partial | Part |
| 1 | (Constant) | 26.857 | 4.225 | | 6.356 | .000 | | | |
| | Otot | -.167 | .078 | -.413 | -2.130 | .045 | -.413 | -.413 | -.413 |

a. Dependent Variable: Dribbling

Correlations

Correlations

| | | Kelincahan | Otot | Dribbling |
|------------|---------------------|------------|--------|-----------|
| Kelincahan | Pearson Correlation | 1.000 | -.287 | .572** |
| | Sig. (2-tailed) | | .174 | .004 |
| | N | 24.000 | 24 | 24 |
| Otot | Pearson Correlation | -.287 | 1.000 | -.413* |
| | Sig. (2-tailed) | .174 | | .045 |
| | N | 24 | 24.000 | 24 |
| Dribbling | Pearson Correlation | .572** | -.413* | 1.000 |
| | Sig. (2-tailed) | .004 | .045 | |
| | N | 24 | 24 | 24.000 |

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Regression Sederhana Power Otot Tungkai
Variables Entered/Removed^b

| Model | Variables Entered | Variables Removed | Method |
|-------|-------------------|-------------------|--------|
| 1 | Otot ^a | | Enter |

a. All requested variables entered.

b. Dependent Variable: Dribbling

Model Summary

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate | Change Statistics | | | | |
|-------|-------------------|----------|-------------------|----------------------------|-------------------|----------|-----|-----|---------------|
| | | | | | R Square Change | F Change | df1 | df2 | Sig. F Change |
| 1 | .413 ^a | .171 | .133 | 2.13517 | .171 | 4.537 | 1 | 22 | .045 |

a. Predictors: (Constant), Otot

ANOVA^b

| Model | | Sum of Squares | Df | Mean Square | F | Sig. |
|-------|------------|----------------|----|-------------|-------|-------------------|
| 1 | Regression | 20.685 | 1 | 20.685 | 4.537 | .045 ^a |
| | Residual | 100.297 | 22 | 4.559 | | |
| | Total | 120.982 | 23 | | | |

a. Predictors: (Constant), Otot

b. Dependent Variable: Dribbling

Coefficients^a

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Correlations | | |
|-------|------------|-----------------------------|------------|---------------------------|--------|------|--------------|---------|-------|
| | | B | Std. Error | Beta | | | Zero-order | Partial | Part |
| 1 | (Constant) | 26.857 | 4.225 | | 6.356 | .000 | | | |
| | Otot | -.167 | .078 | -.413 | -2.130 | .045 | -.413 | -.413 | -.413 |

a. Dependent Variable: Dribbling

Correlations

Correlations

| | | Kelincahan | Otot | Dribbling |
|------------|---------------------|------------|--------|-----------|
| Kelincahan | Pearson Correlation | 1.000 | -.287 | .572** |
| | Sig. (2-tailed) | | .174 | .004 |
| | N | 24.000 | 24 | 24 |
| Otot | Pearson Correlation | -.287 | 1.000 | -.413* |
| | Sig. (2-tailed) | .174 | | .045 |
| | N | 24 | 24.000 | 24 |
| Dribbling | Pearson Correlation | .572** | -.413* | 1.000 |
| | Sig. (2-tailed) | .004 | .045 | |
| | N | 24 | 24 | 24.000 |

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Lampiran 6. Analisa Regresi Sederhana

Regression Sederhana Kelincahan

Variables Entered/Removed^b

| Model | Variables Entered | Variables Removed | Method |
|-------|-------------------------|-------------------|--------|
| 1 | Kelincahan ^a | | Enter |

a. All requested variables entered.

b. Dependent Variable: Dribbling

Model Summary

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate | Change Statistics | | | | |
|-------|-------------------|----------|-------------------|----------------------------|-------------------|----------|-----|-----|---------------|
| | | | | | R Square Change | F Change | df1 | df2 | Sig. F Change |
| 1 | .572 ^a | .327 | .296 | 1.92431 | .327 | 10.672 | 1 | 22 | .004 |

a. Predictors: (Constant),
Kelincahan

ANOVA^b

| Model | | Sum of Squares | df | Mean Square | F | Sig. |
|-------|------------|----------------|----|-------------|--------|-------------------|
| 1 | Regression | 39.517 | 1 | 39.517 | 10.672 | .004 ^a |
| | Residual | 81.466 | 22 | 3.703 | | |
| | Total | 120.982 | 23 | | | |

a. Predictors: (Constant), Kelincahan

b. Dependent Variable: Dribbling

Coefficients^a

| Model | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Correlations | | |
|--------------|-----------------------------|------------|---------------------------|--------|------|--------------|---------|------|
| | B | Std. Error | Beta | | | Zero-order | Partial | Part |
| 1 (Constant) | -12.882 | 9.433 | | -1.366 | .186 | | | |
| Kelincahan | 1.784 | .546 | .572 | 3.267 | .004 | .572 | .572 | .572 |

a. Dependent Variable: Dribbling

Regression Ganda

Variables Entered/Removed^b

| Model | Variables Entered | Variables Removed | Method |
|-------|-------------------------------|-------------------|--------|
| 1 | Otot, Kelincahan ^a | | Enter |

a. All requested variables entered.

b. Dependent Variable: Dribbling

Model Summary

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate | Change Statistics | | | | |
|-------|-------------------|----------|-------------------|----------------------------|-------------------|----------|-----|-----|---------------|
| | | | | | R Square Change | F Change | df1 | df2 | Sig. F Change |
| 1 | .628 ^a | .395 | .337 | 1.86764 | .395 | 6.842 | 2 | 21 | .005 |

a. Predictors: (Constant), Otot, Kelincahan

ANOVA^b

| Model | | Sum of Squares | df | Mean Square | F | Sig. |
|-------|------------|----------------|----|-------------|-------|-------------------|
| 1 | Regression | 47.733 | 2 | 23.866 | 6.842 | .005 ^a |
| | Residual | 73.250 | 21 | 3.488 | | |
| | Total | 120.982 | 23 | | | |

a. Predictors: (Constant), Otot, Kelincahan

b. Dependent Variable: Dribbling

Coefficients^a

| Model | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Correlations | | |
|--------------|-----------------------------|------------|---------------------------|--------|------|--------------|---------|-------|
| | B | Std. Error | Beta | | | Zero-order | Partial | Part |
| 1 (Constant) | -2.792 | 11.271 | | -.248 | .807 | | | |
| Kelincahan | 1.540 | .553 | .494 | 2.785 | .011 | .572 | .519 | .473 |
| Otot | -.110 | .072 | -.272 | -1.535 | .140 | -.413 | -.318 | -.261 |

a. Dependent Variable: Dribbling

Lanjutan 8. Sumbangan Relatif dan Efektif

1. Persiapan perhitungan korelasi sederhana (korelasi *product moment*)

$$\begin{array}{lll} \Sigma X_1 & = 414.23 & \Sigma X_1 Y = 7438.9416 & \Sigma X_1 X_2 = 22202.8 \\ \Sigma X_2 & = 1288 & \Sigma X_2 Y = 22937.64 & \Sigma Y^2 = 7815.1188 \\ \Sigma Y & = 429.72 & \Sigma X_1^2 = 7161.8567 & \\ N & = 24 & \Sigma X_2^2 = 69866 & \end{array}$$

$$\begin{aligned} r_{X1} &= \frac{N \Sigma x_1 y - (\Sigma x_1)(\Sigma y)}{\sqrt{\{N \Sigma X_1^2 - (\Sigma x_1)^2\} \{N \Sigma Y^2 - (\Sigma Y)^2\}}} \\ &= \frac{24 \cdot 7438.9416 - (414.23)(429.72)}{\sqrt{\{24 \cdot 7161.8567 - (414.23)^2\} \{24 \cdot 7815.1188 - (429.72)^2\}}} \\ &= \frac{178534.5984 - 178002.9156}{\sqrt{\{171884.5608 - 171586.4929\} \{187562.8512 - 184659.2784\}}} \\ &= \frac{531.6828}{\sqrt{298.0679 \times 2903.5728}} \\ &= \frac{531.6828}{930.3020} \\ &= \mathbf{0,572} \end{aligned}$$

$$\begin{aligned} r_{X2} &= \frac{N \Sigma x_2 y - (\Sigma x_2)(\Sigma y)}{\sqrt{\{N \Sigma X_2^2 - (\Sigma x_2)^2\} \{N \Sigma Y^2 - (\Sigma Y)^2\}}} \\ &= \frac{24 \cdot 22937.64 - (1288)(429.72)}{\sqrt{\{24 \cdot 69866 - (1288)^2\} \{24 \cdot 7815.1188 - (429.72)^2\}}} \\ &= \frac{550503.36 - 553479.36}{\sqrt{\{1676784 - 1658944\} \{187562.8512 - 184659.2784\}}} \\ &= \frac{-2976}{\sqrt{17840 \times 2903.5728}} \\ &= \frac{-2976}{7197.2} \\ &= \mathbf{-0,413} \end{aligned}$$

Lanjutan 8. Sumbangan Relatif dan Efektif

$$\begin{aligned}
 r_{X1X2} &= \frac{N \sum x_1 x_2 - (\sum x_1)(\sum x_2)}{\sqrt{\{N \sum X_1^2 - (\sum x_1)^2\} \{N \sum X_2^2 - (\sum x_2)^2\}}} \\
 &= \frac{24.22202.8 - (414.23)(1288)}{\sqrt{\{24.7161.8567 - (414.23)^2\} \{24.69866 - (1288)^2\}}} \\
 &= \frac{532867.2 - 533528.24}{\sqrt{\{171884.5608 - 171586.4929\} \{1676784 - 1658944\}}} \\
 &= \frac{-661.04}{\sqrt{298.0679 \times 17840}} \\
 &= \frac{-661.04}{2305.977} \\
 &= -0,287
 \end{aligned}$$

2. Persiapan perhitungan korelasi ganda

$$r_{y1} = 0,572 \quad r_{y2} = -0,413 \quad r_{y12} = -0,287$$

$$\begin{aligned}
 R_{y \cdot 12} &= \sqrt{\frac{r_{y1}^2 + r_{y2}^2 - 2r_{y1}r_{y2}r_{12}}{1 - r_{12}^2}} \\
 &= \sqrt{\frac{(0,572)^2 + (-0,413)^2 - 2(0,572)(-0,413)(-0,287)}{1 - (-0,287)^2}} \\
 &= \sqrt{\frac{0,327 + 0,171 - 0,136}{0,918}} \\
 &= \sqrt{\frac{0,362}{0,918}} \\
 &= \sqrt{0,394} \\
 &= 0,628
 \end{aligned}$$

Lanjutan 8. Sumbangan Relatif dan Efektif

Persiapan perhitungan

$$\begin{array}{ll}\Sigma X_1 &= 414.23 & \Sigma X_1 Y &= 7438.9416 \\ \Sigma X_2 &= 1288 & \Sigma X_2 Y &= 22937.64 \\ \Sigma Y &= 429.72 & N &= 24\end{array}$$

Persamaan garis regresi:

$$\begin{aligned}\hat{Y} &= -2.792 + 1.540X_1 - 0.110X_2 \\ b_1 &= 1.540 \\ b_2 &= -0.110\end{aligned}$$

$$\Sigma x_1 y = \Sigma X_1 Y - \frac{(\Sigma X_1)(\Sigma Y)}{N}$$

$$\Sigma x_1 y = 7438.9416 - \frac{(414.23)(429.72)}{24}$$

$$\Sigma x_1 y = \mathbf{22.15345}$$

$$\Sigma x_2 y = \Sigma X_2 Y - \frac{(\Sigma X_2)(\Sigma Y)}{N}$$

$$\Sigma x_2 y = 22937.64 - \frac{(1288)(429.72)}{24}$$

$$\Sigma x_2 y = \mathbf{-124}$$

Lanjutan 8. Sumbangan Relatif dan Efektif

$$\text{JK Regresi} = 47.733$$

$$\text{JK Total} = 120.982$$

$$\text{SR} = \frac{b_n \cdot \Sigma x_n y}{\text{JK(Reg)}} \times 100\%$$

$$\text{SE} = \frac{b_n \cdot \Sigma x_n y}{\text{JK(Tot)}} \times 100\%$$

$$\text{Efektivitas garis regresi} = \frac{\text{JK(Reg)}}{\text{JK(Tot)}} \times 100\%$$

Prediktor Kelincahan

$$\text{SR} = \frac{b_1 \cdot \Sigma x_1 y}{\text{JK(Reg)}} \times 100\%$$

$$\text{SR} = \frac{(1.540)(22.15345)}{47.733} \times 100\%$$

$$\text{SR} = \mathbf{71.5 \%}$$

$$\text{SE} = \frac{b_1 \cdot \Sigma x_1 y}{\text{JK(Tot)}} \times 100\%$$

$$\text{SE} = \frac{(1.540)(22.15345)}{120.982} \times 100\%$$

$$\text{SE} = \mathbf{28.2\%}$$

Lanjutan 8. Sumbangan Relatif dan Efektif

Prediktor Power Otot Tungkai

$$SR = \frac{b_2 \cdot \Sigma x_2 y}{JK(Reg)} \times 100\%$$

$$SR = \frac{(-0.110)(-124)}{47.733} \times 100\%$$

$$SR = \mathbf{28.6\%}$$

$$SE = \frac{b_2 \cdot \Sigma x_2 y}{JK(Tot)} \times 100\%$$

$$SE = \frac{(-0.110)(-124)}{120.982} \times 100\%$$

$$SE = \mathbf{11.3\%}$$

$$\text{Efektivitas garis regresi} = \frac{JK(Reg)}{JK(Tot)} \times 100\%$$

$$= \frac{47.733}{120.982} \times 100\%$$

$$= \mathbf{39.5\%}$$

Lampiran 9. Permohonan Ijin Penelitian



KEMENTERIAN PENDIDIKAN NASIONAL
UNIVERSITAS NEGERI YOGYAKARTA
FAKULTAS ILMU KEOLAHRAGAAN

Alamat : Jl. Kolombo No. 1 Yogyakarta, Telp. (0274) 513092 psw 255

Nomor : 066/H.34.16/PP/2012
Lamp. : 1 Eksp
Hal : Permohonan Ijin Penelitian

17 Januari 2012

Kepada :
Yth : Ketua Pelatih Sepakbola (SSB) TUNAS MELATI
di Kecamatan Imogiri

Dengan hormat, disampaikan bahwa untuk keperluan pengambilan data dalam rangka penulisan tugas akhir skripsi, kami mohon berkenan Bapak/Ibu/Saudara untuk memberikan ijin Penelitian bagi mahasiswa Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta :

Nama Mahasiswa : Uut Kuswendi
Nomor Mahasiswa : 08601244199
Program Studi : S-1 Pendidikan Jasmani Kesehatan dan Rekreasi (PJKR)

Penelitian akan dilaksanakan pada :

Waktu : Januari s/d Maret 2012
Tempat / Objek : SSB TUNAS MELATI Kecamatan Imogiri / KU 14-16 Tahun
Judul Skripsi : "HUBUNGAN KELINCAHAN DAN POWER OTOT TUNGKAI
DENGAN KEMAMPUAN DRIBBLING SISWA SEKOLAH SEPAKBOLA
(SSB) TUNAS MELATI KECAMATAN IMOGIRI KU 14-16 TAHUN ,"

Demikian surat ijin penelitian ini dibuat agar yang berkepentingan maklum, serta dapat dipergunakan sebagaimana mestinya .


Dekan
Drs. Rumpis Agus Sudarko, M.S.
NIP. 19600824 198601 1 001.

Tembusan Yth :
1. Kaprodi PJKR FIK UNY
2. Pembimbing Tas
3. Mahasiswa Ybs.

Lampiran 10. Surat Keterangan dari SSB TUNAS MELATI

SURAT KETERANGAN

Yang bertanda tangan dibawah ini adalah ketua SSB TUNAS MELATI,
menerangkan dengan sesungguhnya bahwa mahasiswa dibawah ini:

Nama : Uut Kuswendi
NIM : 08601244199
Prodi : Pendidikan Jasmani Kesehatan dan Rekreasi
Fakultas : Ilmu Keolahragaan

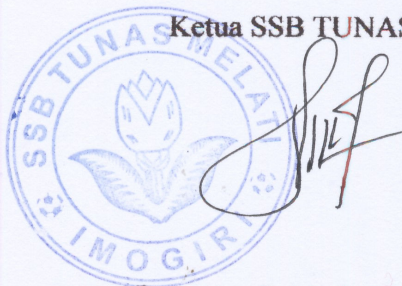
Telah melaksanakan pengambilan data untuk skripsi di SSB TUNAS
MELATI Kecamatan Imogiri dengan judul “Hubungan Kelincahan dan Power
Otot Tungkai Dengan Kemampuan *Dribbling* Siswa Sekolah Sepakbola (SSB)
Tunas Melati Kecamatan Imogiri KU 14-16 Tahun” pada:

Waktu : Februari-Maret 2012
Tempat : SSB TUNAS MELATI, Kecamatan Imogiri, KU 14-16tahun


Demikian surat keterangan ini dibuat untuk dapat digunakan sebagaimana
mestinya.

Yogyakarta, 3 Maret 2012

Ketua SSB TUNAS MELATI



Sukimin



PEMERINTAH PROVINSI DAERAH ISTIMEWA YOGYAKARTA
DINAS PERINDUSTRIAN, PERDAGANGAN, KOPERASI DAN USAHA KECIL MENENGAH
BALAI METROLOGI
 Jl. Sisingamangaraja No. 21 Yogyakarta Telp. (0274) 375062, 377303 Fax. (0274) 375062

SERTIFIKAT KALIBRASI
 CALIBRATION CERTIFICATE

Nomor : 3057 / MET / SW - 104 / X / 2011

ALAT
Equipment
Nama : Stopwatch
Name
Kapasitas : 60 menit
Capacity
Tipe/Model : SW 01-X008
Type/Model

PEMILIK
Owner
Nama : Syafiq Kulatif
Name
Alamat : Cepit Condongcatur Depok Sleman
Address

METODE, STANDAR, TELUSURAN
Method, Standard, Traceability
Metode : ISO 4168 (1976) Time Measurement Instrument
Method
Standar : Casio HS-80TW.IDF
Standard
Telusuran : Tertelusur ke satuan SI Direktorat Metrologi Bandung
Traceability

TANGGAL DIKALIBRASI : 17 Oktober 2011
Date of Calibration
LOKASI KALIBRASI : Balai Metrologi Yogyakarta
Location of calibration
KONDISI LINGKUNGAN KALIBRASI : Suhu : 30°C ; Kelembaban : 55%
Environment condition of calibration
HASIL : Lihat sebaliknya
Result

No. Order : 002151
Diterima tgl : 17 Oktober 2011

Nomor Seri :
Serial number
Merek/Buatan : ALBA
Trade Mark/Manufaktur
Lain-lain :
Other

Yogyakarta, 18 Oktober 2011

Kepala

Soedaryono, SE
 MIP 19580114 197903 1 006

Halaman 1 dari 1 Halaman

FBM.22-02.T

DILARANG MENGGANDAKAN SEBAGIAN ATAU SELURUHNYA ISI DARI SERTIFIKAT INI TANPA SEIZIN KEPALA BALAI METROLOGI YOGYAKARTA

LAMPIRAN SERTIFIKAT KALIBRASI
ATTACHMENT OF CALIBRATION CERTIFICATE

I. DATA KALIBRASI

Calibration data

1. Referensi : -
2. Dikalibrasi oleh : Gimantiri NIP. 19620420.198303.1.017
Calibrated by

II. HASIL KALIBRASI


Result of Calibration

| Nominal (menit) | Nilai Sebenarnya (menit) |
|--------------------|--------------------------------|
| 00,01'00"00 | 00,01'00"01 |
| 00,05'00"00 | 00,05'00"02 |
| 00,10'00"00 | 00,10'00"02 |
| 00,15'00"00 | 00,15'00"02 |
| 00,30'00"00 | 00,30'00"01 |
| 00,59'00"00 | 00,59'00"01 |
| | |
| | |
| | |
| | |

Kepala Seksi Teknik Kemetrolgian



Gono SE MM
NIP.19610807.198202.1.007



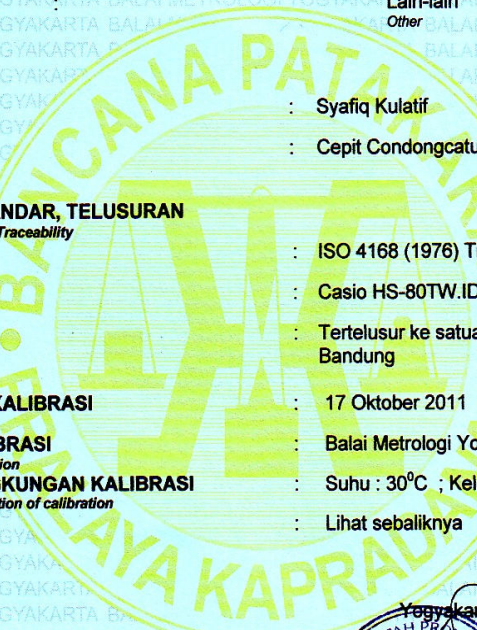
PEMERINTAH PROVINSI DAERAH ISTIMEWA YOGYAKARTA
DINAS PERINDUSTRIAN, PERDAGANGAN, KOPERASI DAN USAHA KECIL MENENGAH
BALAI METROLOGI
 Jl. Sisingamangaraja No. 21 Yogyakarta Telp. (0274) 375062, 377303 Fax. (0274) 375062


SERTIFIKAT KALIBRASI
 CALIBRATION CERTIFICATE

Nomor : 3056 / MET / SW - 103 / X / 2011
 Number

No. Order : 002151
Diterima tgl : 17 Oktober 2011

| | |
|--|---|
| <p>ALAT <i>Equipment</i> Nama : Stopwatch <i>Name</i> Kapasitas : 9 jam <i>Capacity</i> Tipe/Model : <i>Type/Model</i></p> <p>PEMILIK <i>Owner</i> Nama : Syafiq Kulatif <i>Name</i> Alamat : Cepit Condongcatur Depok Sleman <i>Address</i></p> <p>METODE, STANDAR, TELUSURAN <i>Method, Standard, Traceability</i> Metode : ISO 4168 (1976) Time Measurement Instrument <i>Method</i> Standar : Casio HS-80TW.IDF <i>Standard</i> Telusuran : Tertelusur ke satuan SI Direktorat Metrologi Bandung <i>Traceability</i></p> <p>TANGGAL DIKALIBRASI : 17 Oktober 2011 <i>Date of Calibrated</i> LOKASI KALIBRASI : Balai Metrologi Yogyakarta <i>Location of calibration</i> KONDISI LINGKUNGAN KALIBRASI : Suhu : 30°C ; Kelembaban : 55% <i>Environment condition of calibration</i> HASIL : Lihat sebaliknya <i>Result</i></p> | <p>Nomor Seri : <i>Serial number</i> Merek/Buatan : Casio <i>Trade Mark/Manufaktur</i> Lain-lain : <i>Other</i></p> |
|--|---|



Yogyakarta, 18 Oktober 2011
 Kepala

Soedaryono, SE
 NIP. 19580114 197903 1 006

Halaman 1 dari 1 Halaman

FBM.22-02.T

DILARANG MENGGANDAKAN SEBAGIAN ATAU SELURUHNYA ISI DARI SERTIFIKAT INI TANPA SEIZIN KEPALA BALAI METROLOGI YOGYAKARTA

LAMPIRAN SERTIFIKAT KALIBRASI
ATTACHMENT OF CALIBRATION CERTIFICATE

I. DATA KALIBRASI

Calibration data


1. Referensi : -
2. Dikalibrasi oleh : Gimantiri NIP. 19620420.198303.1.017
Calibrated by

II. HASIL KALIBRASI


Result of Calibration

| Nominal (menit) | Nilai Sebenarnya (menit) |
|--------------------|--------------------------------|
| 00,01'00"00 | 00,01'00"01 |
| 00,05'00"00 | 00,05'00"02 |
| 00,10'00"00 | 00,10'00"01 |
| 00,15'00"00 | 00,15'00"01 |
| 00,30'00"00 | 00,30'00"01 |
| 00,59'00"00 | 00,59'00"02 |
| | |
| | |
| | |
| | |

Kepala Seksi Teknik Kemetrolgian



Gono SE, MM
NIP. 19610807.198202.1.007



PEMERINTAH PROVINSI DAERAH ISTIMEWA YOGYAKARTA
DINAS PERINDUSTRIAN, PERDAGANGAN, KOPERASI DAN USAHA KECIL MENENGAH

BALAI METROLOGI

Jl. Sisingamangaraja No. 21 Yogyakarta Telp. (0274) 375062, 377303 Fax. (0274) 375062

SERTIFIKAT PENERAAN
VERIFICATION CERTIFICATE

Nomor : 202 / MET / UP - 20 / 1 / 2012

ALAT
Equipment

Nama : Ban Ukur

Kapasitas : 50 meter

Tipe/Model

PEMILIK
Owner

Nama : Lenny Azwanisti Azthar

Alamat : Kauman GM I / 19 Yogyakarta

METODE, STANDART, TELUSURAN
Method, Standard, Traceability

Metode : SK Ditjen PDN No 32/ PDN /KEP/3/2010

Standard : Komparator 10 m

Telusuran : Tertelusur ke satuan SI Direktorat Metrologi Bandung

TANGGAL TERA ULANG
Date of Verification : 16 Januari 2012

LOKASI TERA ULANG
Location of Verification : Balai Metrologi Yogyakarta

KONDISI LINGKUNGAN TERA ULANG
Environment condition of Verification : Suhu : 30°C ; Kelembaban : 55%

HASIL TERA ULANG
Result of verification : **DISAHKAN UNTUK TERA ULANG TAHUN 2012**


DITERA ULANG KEMBALI
Reverification : 16 Januari 2013

No. Order : 000984

Diterima tgl : 16 Januari 2012

Yogyakarta, 20 Januari 2012

Kepala

 Spedaryono SE

NIP. 99680114 197903 1 006

Halaman 1 dari 1 Halaman

FBM.22-01.T

DILARANG MENGGANDAKAN SEBAGIAN ATAU SELURUHNYA ISI DARI SERTIFIKAT INI TANPA SEIZIN KEPALA BALAI METROLOGI YOGYAKARTA

Lampiran 11. Kalibrasi

LAMPIRAN SERTIFIKAT PENERAAN ATTACHMENT OF VERIFICATION CERTIFICATE

I. DATA PENERAAN

Verification data

1. Referensi : -

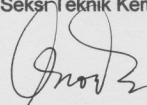
2. Ditera ulang oleh : M Ashari NIP. 19630163.198202.1.001
Verified by

II. HASIL

Result

| Nominal (cm) | Nilai Sebenarnya (cm) |
|-----------------|--------------------------|
| 0 - 1.000 | 1.000,0 |
| 0 - 2.000 | 2.001,0 |
| 0 - 3.000 | 3.002,0 |
| 0 - 4.000 | 4.002,0 |
| 0 - 5.000 | 5.003,0 |
| | |
| | |
| | |
| | |
| | |

Kepala Seksi Teknik Kemetrolgian



Gono SE, MM

NIP. 19610807.198202.1.007

Halaman 2 dari 2 Halaman

FBM.22-01.T

Lampiran 12 . Dokumentasi Penelitian



Gambar.Tes Kelincahan (*Illinois Agility Test*)



Gambar.Tes Kelincahan (*Illinois Agility Test*)

Lampiran 12 . Dokumentasi Penelitian



Gambar. Tinggi Raihan (*vertical jump*)



Gambar. Awal Loncatan



Gambar. Raihan saat meloncat/ Tes Power Otot Tungkai (*vertical jump tes*)



Lampiran 12 . Dokumentasi Penelitian



Gambar. Tes *Dribbling*



Gambar. Tes *Dribbling*